

5 A Day Recipes

Desserts

Nectarine Berry Ice

Serves 8

- $\frac{3}{4}$ cup apple juice or white grape juice
- 1 cup fresh or frozen red berries, pureed
- 5 fresh nectarines, pureed

In large bowl, combine all ingredients. Freeze in freezer container or in ice cream maker according to manufacturer's directions. Thirty minutes before serving, process in food processor and refreeze until serving.

This is an official 5 A Day recipe, and provides eight people with one serving of fruit each.

Recipe provided by the California Tree Fruit Agreement.

Nutritional Analysis

Calories: 61
Fat: 0 g
Cholesterol: 0 mg
Fiber: 2 g
Sodium: 1 mg
% Calories from Fat: 0%